

News Briefs

March dorm dinner

The monthly dorm dinner is at 5 p.m. Thursday at the community center. Columbus AFB’s senior NCOs will grill hamburgers and hotdogs. Donated side items appropriate for the dinner, such as chips, dips, cold salads and baked beans, can be dropped off at the community center by 4:30 p.m. Thursday. Door prize drawings will be conducted and a Bible study will follow the dinner for those who would like to attend. For more information, call Ext. 2500 or contact a first sergeant.

TSA prohibitions

The Transportation Security Administration has banned all lighters from sterile areas of airports, beyond security check points and onboard aircraft. This prohibition includes butane, absorbed fuel (Zippo-type), electric/battery-powered and novelty lighters.

Commander’s call

Three mandatory wing commander’s calls are scheduled for Wednesday at the base theater. The first is at 7:30 a.m. for the 14th Operations Group; the second call is at 10:30 a.m. for the 14th Medical Group and 14th Mission Support Group; and the last is at 3:30 p.m. for BLAZE TEAM members of all groups.

Retirement ceremony

A retirement ceremony for Master Sgt. Chuck Manders, 14th Security Forces Squadron, begins at 3:30 p.m. March 18 at the community center. The dress code is battle dress uniform.

Inside



FEATURE 10

SUPT Class 05-06 graduates at 10 a.m. today at the base theater.

COLUMBUS AFB TRAINING TIMELINE

PHASE II				PHASE III				WING SORTIE BOARD			
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (06-01)	1.78 days	0.25 days	April 22	48th (05-06)	2.15 days	2.88 days	Today	T-37	802	930	12,394
41st (06-02)	0.39 days	0.74 days	May 13	50th (05-06)	0.14 days	-0.83 days	Today	T-38C	458	461	6,493
								T-1A	405	422	5,715

Graduation speaker: Maj. Gen. Edward Ellis, 19th Air Force commander

Prevention, awareness key to a healthy heart

Maj. Beverly Sabourin
14th Medical Operations Squadron

According to the American Heart Association, heart disease remains a leading cause of death for both men and women in the U.S.

“It is not only important to learn how to prevent it, but those who have already been diagnosed with heart disease can live a healthier, more active life by becoming an active participant in their care and learning about the disease and its treatments,” said Lt. Col. (Dr.) Keith McCoy, Columbus AFB medical services director.

What is heart disease?

When people think of heart disease, what usually comes to mind is coronary artery disease — the narrowing of the arteries leading to the heart; but coronary artery disease is just one type of heart disease.

“Heart disease can include a number of conditions that affect the structures or function of the heart,” Dr. McCoy said. These conditions include:

Coronary artery disease (including heart attack) — This is atherosclerosis, or hardening of the arteries that provide vital oxygen and nutrients to the heart.

Abnormal heart rhythms — An arrhythmia can involve a change in the rhythm, producing an uneven heartbeat or a change in the rate, causing a very slow or very fast heartbeat.

Heart failure — The term “heart failure” can be frightening. It does not always mean the heart has “failed” or stopped working, but instead that the heart does not pump as well as it should.

Heart valve disease — The heart valves lie at the exit of each of the four heart chambers and maintain one-way blood-flow through the heart. Heart valve disease is a condition in which your heart valves do not work correctly.

Congenital heart disease — This disease is a type of defect in one or more structures of the heart or blood vessels and occurs before birth.

Heart muscle disease (cardiomyopathy) — This is a disease of the heart muscle itself.

Pericardial disease — This is inflammation of the thin membrane that surrounds the heart. It is a rare condition often caused by a viral, bacterial or fungal infection.

“While a person can have no control over some of these diseases, most are preventable,” Dr. McCoy said.

What can be done to protect people and their families?

Family practice provider Maj. (Dr.) James Wallace believes the average American lifestyle — combining too little exercise, too much stress, and a diet of highly refined processed foods often deficient in essential nutrients — has rendered this nation’s population especially vulnerable to the ravages of heart ailments.

To try and counteract this statement, the Columbus AFB clinic has placed special emphasis on teaching its patients about prevention.

Dr. McCoy suggests that preventive practices include changes in diet, stress reduction, weight control and exercise:

Diet — Reduce animal foods (red meat and dairy), all refined sugars, tobacco, and alcohol. Use unprocessed natural oils

(olive, canola, flax). Avoid margarine and hydrogenated fats. Reduce overall fat intake to no more than 20 percent of overall daily caloric intake.

Eliminate processed food overloaded with preservatives and additives. Eat at least four to five servings of fresh fruits and vegetables daily. Increase intake of fiber-rich complex carbohydrates (brown rice, whole wheat). Buy organic foods as much as possible and reduce overall salt intake.

Stress — Stress factors also contribute to heart disease. Indirectly, the type-A personality has an increased risk through poor diet, caffeine use and increased adrenaline output, which in combination raises blood pressure. Stress can be relieved by going for a walk, reducing hours on the job or starting a relaxation program.

Weight control — Obesity is another major risk factor in heart disease, contributing to both atherosclerosis and hypertension. Being overweight raises blood pressure, increases blood fats, reduces levels of healthy cholesterol, increases the incidence of diabetes and often minimizes the ability to exercise.

Exercise — Moderate exercise can improve overall fitness and help reduce stress. It also raises healthy cholesterol levels and reduces triglycerides, or fats, in the blood.

Smoking — The nicotine in cigarettes makes the body release adrenaline. Adrenaline causes blood vessels to constrict and the heart to beat faster, which raises blood pressure. This can lead to heart attacks and strokes.

Family history — Family history is not something that can change, but knowledge of it can motivate people to take extra special care of themselves.

For questions or more information on healthy lifestyles, contact a health care provider or the health and wellness center at Ext. 2477.

SILVER WINGS

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Submission Deadline

The deadline for submitting copy for next week’s SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

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14TH FLYING TRAINING WING DEPLOYED

As of press time, 29 BLAZE TEAM members are deployed worldwide.

Remember to support the troops and their families while they are away.



Chester Hutchins
14th Communications Squadron



The 14th Flying Training Wing congratulates Mr. Hutchins on his distinction as **Air Education and Training Command’s Communications and Information Civilian Manager of the Year** and the **Air Force Association Civilian Program Manager of the Year**. He has also been nominated for the **19th Air Force Senior Civilian of the Year**.

CAFB welcomes home its heroes

The Columbus AFB community celebrates the homecoming of its troops who have recently returned from deployment at 4:30 p.m. March 15 at the Columbus Club.

“The group we’re honoring at this Welcome Home Heroes’ celebration spent their Thanksgiving, Christmas and New Year away from home,” said wing Chaplain (Lt. Col.) Joseph Vu. “Many of them had been in the Middle East more than once. Their significant service throughout this last tour helped pave the way for the first and most successful free election of the transitional National Assembly in Iraq.”

Tech. Sgt. Steven Butler, base chapel NCOIC, spent 122 days at Baghdad International Airport, Iraq, after returning from a previous deployment only 15 months earlier. Other Columbus AFB personnel, mostly security forces, were deployed for an even longer period and are often gone more frequently than Airmen of other specialties.

There are four major deployment challenges commonly felt among the troops, Chaplain Vu said.

“The first is the reality of the danger our troops faced,” he said. “And they courageously accepted that challenge in light of their country’s needs.

“The second challenge is preparation for deployment,” he continued. “The hard part is getting ready to leave, preparing families for the separation and acknowledging the support they provide while the troops are away.

“Following the separation itself is the challenge of maintaining communication during deployment; and last, but not least, is the unfamiliar challenge of reintegration afterward,” the chaplain said.

Returning personnel and their spouses are invited to a briefing about preparation for the reintegration process at 4 p.m. March 15 at the Columbus Club before the Welcome Home Heroes celebration begins. Activities will be provided for



Airman 1st Class Cecilia Rodriguez

Airman 1st Class Anthony Smith, 14th Flying Training Wing, shares mementos he brought back from his deployment to Al Uedid, Qatar, with Melissa Diaz and Senior Airman Jesus Espinoza, at the September Welcome Home Heroes celebration.

attending children while the briefing is in session.

“All members of Columbus AFB community are invited to come out and welcome back our BLAZE TEAM heroes and honor their families for their selfless serv-

ice and sacrifice,” Chaplain Vu said.

The event is free, heavy hors d’oeuvres and refreshments will be served, and prizes for the troops will also be distributed. *(Courtesy of the 14th Flying Training Wing Chapel Staff)*

Commissaries promote awareness of military’s ‘OneSource’



Airman 1st Class Cecilia Rodriguez

Military One Source messages can be found at commissaries in the form of posters, pins and even grocery bags, like the kind used here by Bea DeSmidt.

Bonnie Powell
Defense Commissary Agency

FORT LEE, Va. — Need advice on consumer debt? Feeling depressed? Help is available. Military OneSource is the newest member of the military family support team, and commissaries are helping increase awareness of the program.

Provided by the Defense Department at no cost to service-members and their families, the program is available 24 hours a day, seven days a week on the Web. Users need only type “military” for the user ID and “onesource” for the password to gain entry to the site.

“Military members who forget how to log in ... will be reminded while they are shopping in their local commissary the next few months — and even after they get home,” said Patrick Nixon, acting director and chief executive officer for the Defense Commissary Agency. “The reminders will come in the form of posters in stores, pins on cashiers, and even OneSource messages on our grocery bags.”

The Pentagon’s steward of communities and families said the exposure will be a big boost for the program.

“Commissaries have a tremendous amount of visibility in the military community,” said John Molino, deputy undersecretary of defense for military community and family policy. “Putting the OneSource message in front of millions of com-

missary customers should help increase awareness of this valuable source of help for military families.”

Mr. Nixon said the Defense Commissary Agency is dedicated to the people the agency serves.

“Our 272 commissaries worldwide have a commitment to being actively involved in the military community,” he said, “and we share DOD’s interest in making sure we do whatever we can to get the word out to military shoppers with a need for this service.”

The OneSource Web site contains a wealth of information and advice as well as pointers to services ranging from counseling either by phone or in person, to information on family support, emotional support, debt management and legal issues — all at no cost to the service member.

Once on the Web site, to protect confidentiality, users will be asked only for their branch of service and installation.

“Formerly, Military OneSource was service-specific,” Mr. Molino said. “Now the information is all on one Web site, available at one common phone number and part of one great family service.”

Servicemembers also can call Military OneSource at (800) 342-9647 from the United States or (800) 3429-6477 from outside the United States, using country-specific access codes. The Web site also directs users to toll-free help lines for the United States and overseas.

Extended deployments affect only 200 Airmen

Master Sgt. David Byron
Air Force Print News

WASHINGTON — Air Force officials are designating some positions in U.S. Central Command’s area of responsibility as 365-day extended deployments in an effort to provide stability and allow for long-term relationship building with host governments

The new tour lengths will affect only about 200 key and critical operational and joint task force staff positions, officials said. People in the remaining positions will serve in the current air and space expeditionary force structure.

Air Force Chief of Staff Gen. John P. Jumper directed the extended tours in response to requests from joint task force commanders seeking continuity in selected positions, often where the local culture requires more time to establish meaningful ties with local people and host governments.

These key positions are an integral part of a combatant commander’s mission and the AEF structure. No new positions will be created; they will be converted from current AEF slots.

“The positions will span a wide spectrum of Air Force career fields,” said Lt. Col. James Davis, Air Force assignment classification, retirements and separation policy chief. “There will be a good mix of enlisted and officer positions, mainly mid-level and up.”

Air Force Personnel Center officials will take the lead in finding people to fill most of the slots. Air Force Senior Leader Management Office officials will handle requirements for colonel and chief master sergeant positions, he said.

Colonel Davis said selections would be made during the course of the upcoming spring and summer assignment cycles with all being in place by August 2005.

Volunteers will be sought first, he said. If there are not enough volunteers,

Afghanistan & Iraq Campaign Medals

uniformed services of the United States who serve or have served in Afghanistan or contiguous air space, as defined by such regulations, on or after October 24, 2001 and before a terminal date to be prescribed by the Secretary of Defense.

The Iraq Campaign Medal shall be awarded to members of the uniformed services of the United States who serve or have served in Iraq or contiguous waters or air space, as defined by such regulations, on or after March 19, 2003, and before a terminal date to be prescribed by the Secretary of Defense.

Relationship to other awards: Notwithstanding section 1 of Executive Order 13289 of March 12, 2003, establishing the Global War on Terrorism Expeditionary Medal, any member who qualified for that medal may by reason of service in Afghanistan between October 24, 2001, and a terminal date to be determined, or in Iraq between March 19, 2003, and a terminal date to be determined, shall remain qualified for that medal.

Upon application, a member by reason of service may be awarded either the Afghanistan Campaign Medal or the Iraq Campaign Medal in lieu of the Global War on Terrorism Expeditionary Medal. A member may be awarded either the Afghanistan Campaign Medal or the GWOT Expeditionary Medal by reason of service in Afghanistan. A member may be awarded either the Iraq Campaign Medal or the GWOT Expeditionary Medal by reason of service in Iraq. No member shall be entitled to the award of more than one of these three medals for the same period of service.

The above campaign awards have been approved by DOD. No further guidance has been provided by the Air Force. These are not authorized for wear until the Air Force implementation instructions are received. *(Courtesy of 14th Mission Support Squadron)*

The Afghanistan Campaign Medal shall be awarded to members of the

AFPC officials will use modified short-tour criteria to fill the slots. For colonels, AFSLMO officials will assign them through major command channels.

Although these deployments may appear to be remote tours, they are not permanent change-of-station moves. It is not a goal to establish a permanent U.S. military presence in the region, and there is no Status of Forces Agreement in place covering permanent assignments, officials said. The positions will fall under the category of “indeterminate length” temporary duty assignments. That category will allow for certain entitlements to apply that are not available for standard temporary assignments.

“Although we can’t consider them regular short-tour assignments, they will be treated as such,” Colonel Davis said. “Lieutenant colonels and below who complete the tours will have priority for follow-on assignments, just like any other one-year tour.” Colonels completing the tours will be assigned according to normal colonel assignment procedures.

Family members also may be eligible for standard short-tour benefits.

Storage of household goods is one

benefit offered to Airmen serving temporary assignments of 180 days or longer. There are possible options for moving the Airman’s family while deployed; the availability and extent of those options will be determined on a case-by-case basis.

Airmen may also have the option of returning to their former assignment, if there is a suitable vacancy, officials said.

There will be career benefits for Airmen serving these extended temporary assignments. Airmen serving the 365-day TDYs will receive short-tour credit and be exempt from AEF or other contingency deployments for six months following their return home. Most of the joint task force positions will earn joint-duty credit depending on actual length of rotation, officials said.

“Our expectation is that all of the joint task force positions will get full joint credit,” Colonel Davis said. “We are currently validating the positions working this with the Joint Staff and (secretary of defense). Although we’re asking some of our Airmen to deploy for a longer period of time to meet mission needs, we’re constantly looking for the best options for our (Airmen) and their families.”

DVRs now available on vMPF only

Per direction from the Air Force Personnel Center, the military personnel flight will no longer provide a hard copy of the data verification rip to individuals eligible for Weighted Airman Promotion System testing starting with the staff sergeant (05E5) testing cycle.

Eligible members must obtain and view their DVR on the Virtual MPF Web site. It is the unit WAPS monitors responsibility to brief service-members on this update.

Senior Airmen must have the following to be eligible for the staff sergeant testing cycle:

- A date of rank on or before Feb. 1, 2005
- A total active federal military service date on or before Aug. 1, 2003
- A high year tenure of September 2005 or later

— No projected retirement or mandatory date of separation effective before Sept. 1, 2005

The testing window is scheduled from May 1

MEDGROUP

(Continued from Page 1)

Lt. Col. Daniel Milnes, 14th Medical Support Squadron commander, echoed those thoughts.

“I think it’s an attitude our folks possess,” he added. “An attitude that is shaped by a keen sense of duty, compassion, a

commitment to caring and our Air Force core values.”

The many achievements of the 14th MDG throughout 2004 include:

— The realignment of clinic personnel into primary care elements, which enhanced the clinic’s ability to meet patients’ needs during peak demand periods.

— The development of a pre-deployment nutrition and fitness tool kit from the health and wellness center.

— A 99 percent accuracy rate on 64,000 diagnostic tests and a nearly perfect rating during the clinic’s laboratory accreditation.

— A No. 1 ranking in AETC and No. 2 in the Air Force for overall customer satisfaction

vMPF Instructions

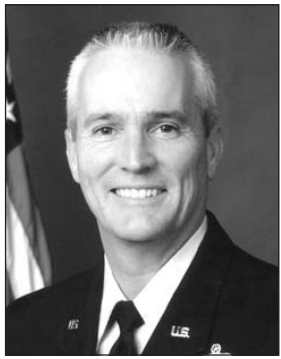
Go to www.afpc.randolph.af.mil
Click on **Virtual MPF** (upper right corner)
Secure Self-Service
Click on **Next Page**
Type in USER \$ PASSWORD
Click on **Secure Login**
Click on **vMPF**
Verify email & phone
Click on **I have verified my email and phone**
Click on **Individual Actions**
Click on **Promotions**
Click on **Enlisted Promotion Information**
Click on **Enlisted Data Verification Record (DVR)**
Or
Click on **WAPS Score Notice: Cycle XXXX**
Print and review DVR or score notice for accuracy

AFREP

The Air Force Repair and Enhancement Program is designed to help save tax money, and aircraft and equipment downtime by writing repair procedures on maintenance parts and submitting them for approval. Parts normally thrown away are instead repaired and made functional again. For questions or more information, contact AFREP manager David Watkins at Ext. 7539 or Randy Holmes at Ext. 2462.

AETC command chief reflects on career

Chief Master Sgt. Karl Meyers
AETC command chief



The first time I raised my right hand and took an oath to protect this country is a day forever ingrained in my memory. I can still feel the rush of pride coupled with the anticipation of the unknown as I repeated those words.

Now here I am, 27 years later, and I'm experiencing those same feelings all over again. Only this time the pride comes from opportunities and experiences I've had in my Air Force career that have made my oath more than just words. And the anticipation — well, that's for whatever comes after retirement.

I've tried to use this time before I say

my official good-byes to reflect on the paths I have chosen and the impressions I have left behind. During my Air Force career I've been happy to make a difference where I could.

I am proud to have served in an organization that puts high values on human life, dignity and respect, diversity, customs and courtesies, education, and freedom and democracy.

Those of us in the First Command have what we believe is the Air Force's most important mission; training America's sons and daughters. The people in Air Education and Training Command have the unique opportunity to shape our Airmen from day one, and I feel privileged to end my career where so many new ones begin.

Since 1947, we have been molding and shaping our Air Force to be the best it can be. AETC is continuously changing the way we train troops for deployments with recent initiatives such as the Expeditionary Combat Airman, Battlefield Airman Concept and Battlefield Combat Convoy Course.

These initiatives, along with continued improvement to basic training's Warrior Week, are better preparing our Airmen for challenges they may face across the globe.

We will never be finished making improvements and changes to better our processes and people. With a force of highly professional, educated and extremely motivated Airmen, there are no boundaries to what we are capable of accomplishing tomorrow.

As I enter the final days of my career I'd like to leave the men and women of

AETC with some thoughts. I challenge you to do your best each and every day. The Air Force is full of opportunities — step up to these challenges and volunteer for leadership positions. Most importantly, take care of the people, and they will take care of you and the mission.

It has truly been my pleasure to serve with you. My family and I wish everyone the best in their future endeavors. Always remember, your role as a military member is an important one, providing freedom for more than 300 million Americans is not something anyone should take lightly.

Thank you for serving your country and ensuring the oath we all take is more than just words.

(Editor's Note: Chief Meyers retires today after 28 years of service in the Air Force. Chief Master Sgt. Rodney Ellison, command chief of Air Combat Command, will succeed him.)

Straight Talk Line

The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All names are kept confidential. Written questions may be dropped off at the public affairs office in the wing headquarters building, Bldg. 724. People can also access the Straight Talk program through the Blazeweb at <https://columbusweb> and the main Web site at www.columbus.af.mil. Questions and answers will be edited for brevity.

Women's History Month Fast Facts

Columbus AFB celebrates Women's History Month during March. BLAZE TEAM members are encouraged to learn more about the significant contributions of women both past and present.

* Newspaper publisher **Katherine Goddard (1738-1816)** had such a strong reputation among the colonies that when Congress fled to Baltimore in 1776, they trusted her with the revolutionary task of printing the first copy of the Declaration of Independence.

* Labor organizer **Mary Jarris Jones (1830-1930)** led a 125-mile march from the mills of Pennsylvania to former President Theodore Roosevelt's vacation home on Long Island to bring child labor abuse to the attention of the president and the national press.

* Asian-American physicist **Chien-Shiung Wu (1912-1997)** received both the National Science Medal and the internationally respected Wolf Prize for her scientific research. Her most famous experiment disproved what was thought to be a fundamental scientific law.

Guard, reserve support committees play vital role in assisting troops, their families

Airman 1st Class Cecilia Rodriguez
14th Flying Training Wing

In spite of the wearisome duty he's endured while deployed overseas, he's thrilled to receive another letter in the mail from his spouse back home in the states. But as he reads the note, he realizes this one isn't full of "I Miss You"s and well wishes.

Instead, his young, 7-month pregnant wife is writing to inform him of the termination letter she found in the mail from his civilian employer. This guard troop does not always have the benefits or paychecks full-time active-duty servicemembers receive.

How could he have been fired? How is he going to support his family? What can he do about the situation while he's in the middle of the desert thousands of miles away?

The Employer Support of the Guard and Reserve's mission is to promote public and private understanding of the role of the national guard and reserve and to gain employer and community support for guard and reserve programs.

Its preventative efforts are made in hopes of eliminating or minimizing conflicts between civilian employers and guardsmen and reservists, such as wrongful termination, missed promotion opportunities, absent benefits and deficient pay increases.

"A majority of the conflicts between the troops and their employers are not intentional," said Thomas Bowen Jr., ESGR Mississippi Committee state chair. "We do our best to educate employers and supervisors at all levels about the laws regarding military members called to duty, whether it be weekend drill, a two-week training course or a deployment, as is often the case nowadays."

When the government removed the selective service program, or the draft, in the early 1970s, a "total force" concept was created: a regular military force (full-time active-duty troops) and a reserve force (guard and reserve members).

"The DOD felt as though with an all-volunteer military force, there might be questions from civilian employers about why their employees were in the guard and reserve when there was no draft," Mr. Bowen said.

Hence, the Defense Department created the ESGR, an all-volunteer organization that provides support for military members from all branches of service.

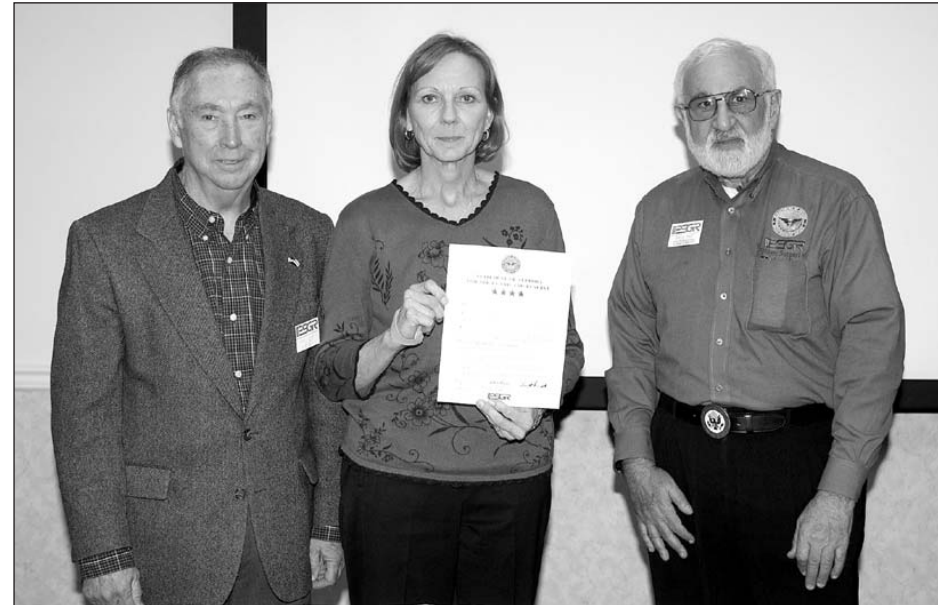
The federal government gives us a budget to run ESGR at national and state levels," Mr. Bowen said. "This money is used to fund various informational projects throughout the year."

ESGR members share information with employers through a variety of different forums, including mobilization and demobilization briefs, civic group meetings and invitational breakfasts and luncheons. Civic leaders from respective districts are also invited to a "National Boss Lift."

"We invite 30 or 40 employers throughout the state and invite them to observe a military aircraft mission to learn first-hand what a guardsman or reservist does on duty," Mr. Bowen said. "The bosses might not realize what their employees actually accomplish while fulfilling their military commitment, and the National Boss Lift helps familiarize them the service."

The ESGR also takes time to thank employers who display outstanding support of guard and reserve troops.

Forms entitled "My Boss Is A Patriot" are dispersed



Courtesy photo

Mary Ann Shows, pictured here with Employer Support of the Guard and Reserve state chairmen Thomas Bowen Jr. and Fred Fine, was recently nominated for the Patriotic Employer Award. Ms. Shows is the 14th Logistics Readiness Division deputy director.

throughout units all over the country, and guard and reserve members complete these forms for bosses who have gone the extra mile to support them. The ESGR then reviews the forms and recognizes employers accordingly.

DynCorp Technical Services, Columbus AFB's contract maintenance employer, received the Above and Beyond Award at the 2004 ESGR Annual Awards Banquet for its exceptional support efforts.

Mary Ann Shows, 14th Logistics Readiness Division, was also recognized for her endeavors and recently nominated for the Patriotic Employer Award.

"We express our gratitude for these terrific employers, but cannot express enough thanks to the military people serving our country," Mr. Bowen said. "They have our total support and loyalty. I'm proud to serve our country

about 5,000 guard and reserve servicemembers' children into child care.

But that number could fluctuate if there is a change in the funding, she said, which comes in the form of supplemental funding through Congress. Congress has funded the program for \$7 million, Ms. Witte said, though officials hope to expand the program to accommodate some of the 38,000 children of active-duty servicemembers.

The association also supports guard and reserve servicemembers through Operation Child Care, a voluntary program that provides up to six hours of free child care to guard and reserve families whose deployed servicemember is returning home for rest and recuperation.

Child care help for part-time servicemembers

Samantha Quigley

American Forces Press Service

WASHINGTON — Department of Defense officials have joined forces with national agencies to help guard and reserve families in finding and affording child care while a parent is deployed supporting the war on terrorism.

"Child care, as you know, is one of the top (concerns) voiced by families as well as by commands on what's needed," said Jan Witte, director of the Pentagon's office of children and youth.

Her staff monitors the new program,

dubbed Operation Military Child Care.

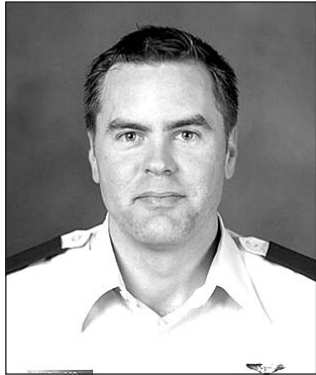
DOD officials, who are working with the National Association of Child Care Resource and Referral Agencies, designed this initiative to benefit those who do not live near military installations, Ms. Witte said.

"We have a contract with (the association) to assist us in finding spaces outside the military community for those guard and reserve (servicemembers) who are deployed and active-duty (people) who are not near a military installation," she said. "We also hope to assist in reducing the out-of-pocket expense to the servicemember."

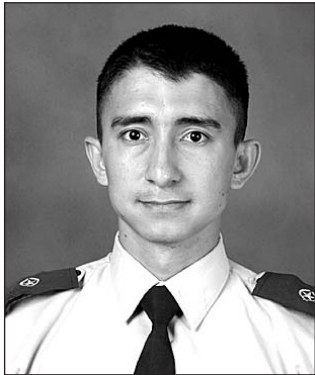
While Ms. Witte's office does not fully subsidize child care, it does work to reduce the financial burden, she said. The fees are based on a sliding scale that takes into consideration total family income and the care provider's actual cost, among other things.

To take part in the program, a family member can apply through the association on the operation's Web site or by calling toll-free at (800) 424-2246. The child-care provider also must apply — an important step because of how the subsidy is paid out, Ms. Witte said. The subsidy goes to the program, not to the individual.

She said the new program could get



Capt. Nathan Arkwood
Charleston, S.C. (AFRC)
C-17, Charleston AFB, S.C.



1st Lt. Fabio Candia
Luque, Paraguay
T-23, Asuncion, Paraguay



1st Lt. Jason Monaco
Montreal, Quebec
F-16, Luke AFB, Ariz.

SUPT Class 05-06 earns silver wings

Twenty-five officers have prevailed during a year of training, earning the right to be an Air Force pilot.

Specialized Undergraduate Pilot Training Class 05-06 graduates at 10 a.m. today during a ceremony at the theater.

The graduation speaker is Maj. Gen. Edward Ellis, 19th Air Force commander. General Ellis is responsible for the day-to-day training of approximately 2,000 U.S. and allied students.

The 19th Air Force is composed of more than 31,000 assigned personnel and 1,800 aircraft in 25 units throughout the United States.

Students receive their silver pilot's wings at the ceremony, and students who excelled in their respective training tracks are recognized.

Capt. Nathan Arkwood, T-1, and 2nd Lt. Jeffrey Haney, T-38, received the Air Education and Training Command Commander's Trophy for being the most outstanding students overall in their classes.

The Air Force Association Award was presented to 2nd Lts. Aaron Gast, T-1, and Todd Gibson, T-38. The award is presented to a graduate in each flight who excelled in training and typified the tenets of the association — promoting aerospace power and a strong national defense.

Captain Arkwood, 2nd Lt. George Fay, T-1, and Lieutenant Haney were named distinguished graduates.

The 52-week pilot training program begins with a six-week preflight phase of academics and physiological training to prepare students for flight.

The second phase, primary training, is conducted in the twin-engine, subsonic T-37 Tweet. Some complete this phase in the single-engine, turboprop

T-6A Texan 2 at Moody AFB, Ga. Students learn aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying. Students also practice night, instrument and cross country navigation flying.

Primary training takes about 23 weeks and includes 254.4 hours of ground training, 27.3 hours in the flight simulator and 89 flying hours.

After primary training, students select, by order of merit, advanced training in the fighter-bomber or airlift-tanker track.

Both tracks are designed to best train pilots for successful transition to their follow-on aircraft and mission.

Advanced training for the fighter track is done in the T-38 Talon, a tandem-seat, twin-engine supersonic jet. T-38 training emphasizes formation, advanced aerobatics and navigation. Training takes about 26 weeks and includes 381 hours of ground events, 31.6 hours in the flight simulator and 118.7 flying hours.

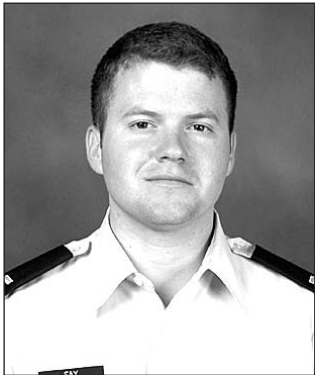
The airlift-tanker track uses the T-1A Jayhawk, the military version of a multi-place business jet.

Instruction centers on crew coordination and management, instrument training, cross-country flying and simulated refueling and airdrop missions. Training takes about 26 weeks and includes 185 hours of ground training, 43 hours in the flight simulator and 104 flying hours.

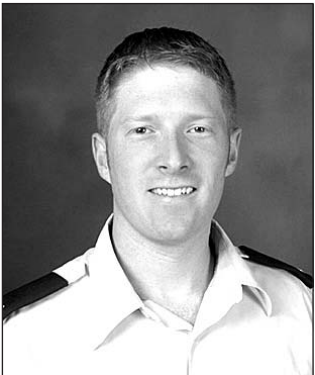
The class reunites on graduation day, when students receive the aeronautical rating of pilot and begin their careers as U.S. Air Force pilots. **(Editor's note: The class' pilot partners are the Magnolia Kawanis Club and Trendsetter's Salon.)**



2nd Lt. Christopher Dickens
Laurinburg, N.C.
KC-135, MacDill AFB, Fla.



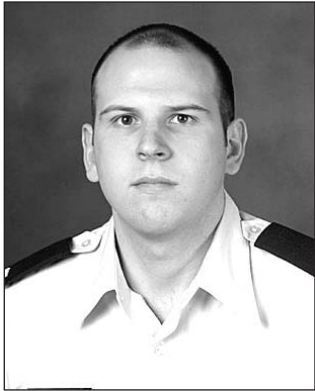
2nd Lt. George Fay
Bonaire, Ga.
C-17, McChord AFB, Wash.



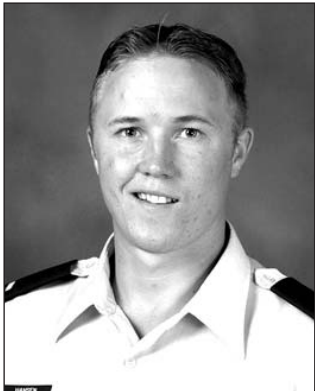
2nd Lt. Charles Bowie Frost
Lamar, Colo.
C-21, Andrews AFB, Md.



2nd Lt. Lyndsey Goodman
Roswell, Ga. (AFRC)
C-17, Charleston AFB, S.C.



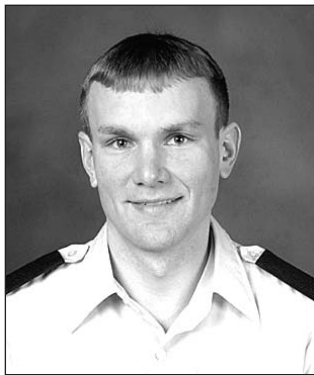
2nd Lt. Jeff Haney
Jackson, Mich.
F-15C, Tyndall AFB, Fla.



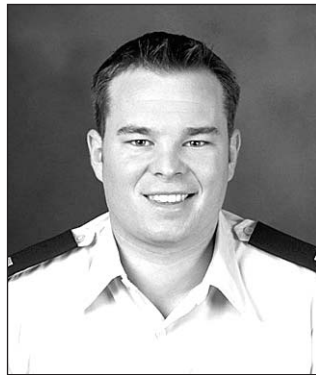
2nd Lt. Jonathan Hansen
Redding, Calif.
C-17, McChord AFB, Wash.



2nd Lt. Joel Bernazzani
Boston, Mass.
T-6, Moody AFB, Ga.



2nd Lt. Nathan Call
Greencastle, Ind.
T-37, Columbus AFB, Miss.



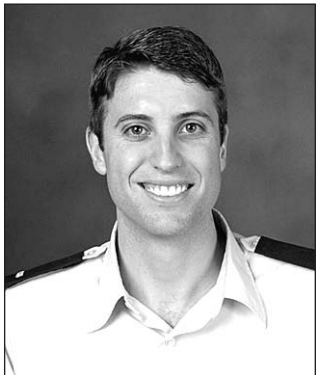
2nd Lt. Kendall Chudy
Oxford, Mich.
T-38, Columbus AFB, Miss.



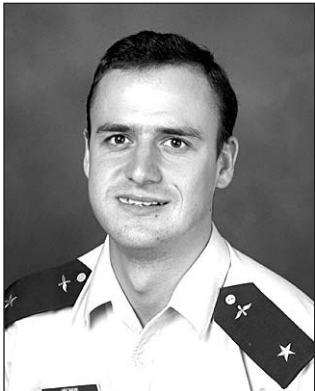
2nd Lt. Joshua Fry
Wayne, W.V.
KC-135, Grand Forks AFB, N.D.



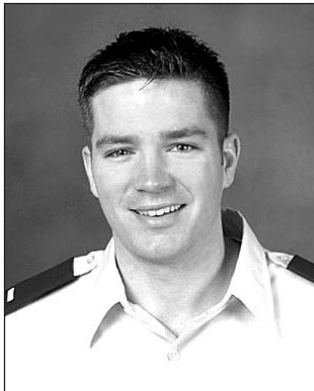
2nd Lt. Aaron Gast
Hockessin, Dela.
C-17, McChord AFB, Wash.



2nd Lt. Todd Gibson
Oakland, Md. (ANG)
F-16, Andrews AFB, Md.



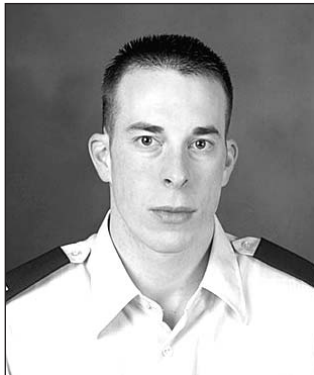
2nd Lt. Jan Hromnik
Turcianske Teplice, Slovakia
L-39, LZ Slac, Slovakia



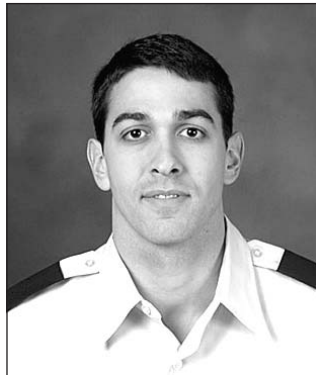
2nd Lt. Jeremy Kahoe
Colorado Springs, Colo.
C-17, Charleston AFB, S.C.



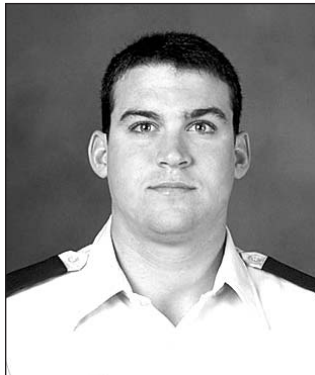
2nd Lt. Andrew Patrick
Conroe, Texas (ANG)
F-16, Ellington Field, Texas



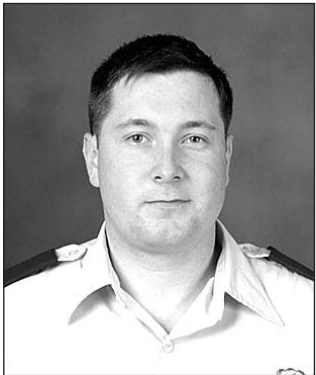
2nd Lt. Jess Pavlansky
Yadkinville, N.C.
C-130, Dyess AFB, Texas



2nd Lt. David Perez
Columbus, Ga. (AFRC)
C-130J, Keesler AFB, Miss.



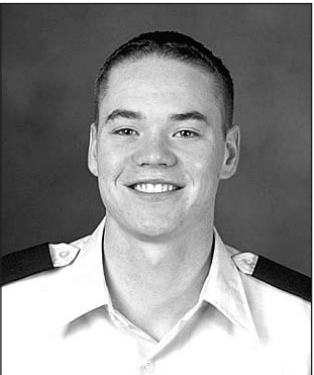
2nd Lt. Nelson Prouty
Starkville, Miss.
T-1, Columbus AFB, Miss.



2nd Lt. Mark Smith
Sparta, Va.
C-130, Little Rock AFB, Ark.



2nd Lt. Jesper Stubbendorff
Jupiter, Fla.
KC-10, Travis AFB, Calif.



2nd Lt. Michael Talley
Carmichael, Calif.
C-17, McChord AFB, Wash.



2nd Lt. William Werking
Solomons, Md. (ANG)
C-130J, Martin State Airport, Md.

Freedom Park egg hunt scheduled for March 19

Pam Wickham
14th Services Division

All BLAZE TEAM children are invited to hunt for more than 3,000 eggs in and around Freedom Park during the youth center's annual Spring Fling event from 8:30 a.m. to noon March 19.

Four different ages groups will hunt for prizes: ages 1 to 3 will search at Softball Field #1 at 10:30 a.m.; ages 4 to 5 will explore Softball Field #2 at 11 a.m.; ages 6 to 8 will begin their hunt at the Freedom Park playground at 9 a.m.; and ages 9 to 12 will search the area outside the community center at 9:30 a.m. Four prizes will be given for each age group. All children participating in the egg hunts will receive a bag of candy.

But the search for multi-colored plastic eggs is not the only activity featured at the Spring Fling.

A children's flea market is from 8:30 to 11 a.m.,

and Sparky the Fire Dog, McGruff the Crime Dog and Columbus AFB's own Rockin' Rabbit Easter Bunny are all scheduled to make appearances.

Carnival-type games will run from 9 to 11 a.m., including putt-putt golf, basketball shots, a ring toss, milk bottle ring toss, a fishing booth, face paintings and a bouncy castle.

Snacks and beverages will also be sold at the event.

In case of extreme rain, egg hunts will be held in the youth center.

"Volunteers are always needed to help hide eggs and run some of the games," said Laura Koene, family member programs flight chief.

For more information or to volunteer, call the youth center at Ext. 2504.

(Editor's note: Other upcoming Easter events include the Columbus Club's Easter brunch from 10:30 a.m. to 2 p.m. March 27. Reservations are encouraged. Call Ext. 2490.)



Pam Wickham

Rockin' Rabbit looks for a good place to hide eggs.

Fun, food, recreation highlight March events

Columbus Club lunch buffet: The Columbus Club offers an all-new buffet with more than a dozen items served from 11 a.m. to 1 p.m. Tuesday through Friday. Cost is \$6.95 for club members and \$8.95 for nonmembers. A special introductory rate is available for all enlisted military March 15 through March 18 for \$4.95 per person. DynCorp employees receive this special rate March 22 through March 25.

A Mexican lunch buffet is served Tuesdays, country-style cooking is served Wednesdays, the buffet line features Italian food Thursdays, and a tri-continental buffet featuring German, Asian and New England seafood menu choices is available Fridays. For more information, call the Columbus Club at Ext. 2490.

Stampin' Up course: Register by Wednesday for this two-hour course offered from 9 to 11 a.m. or 7 to 9 p.m. March 24 and from 1 to 3 p.m. March 26. Students will create six cards for one stamp set. Cost is \$35 and includes the stamp set. For more information or to register, call 434-5076.

Home decor classes: The skills development center offers two home decor

classes in March. The first class will make a 24-inch by 76-inch five-shelf ladder-style bookcase Thursday. Registration is required by Saturday. Class times are 10:30 a.m., 2:30 p.m. or 6:30 p.m. Cost is \$20 and includes materials. Comparable items in catalogs sell for up to \$149.

Crafters can make a storage tower (18-inches wide by 15-inches deep x 60-inches long) March 31. Registration is required by March 26. Class times are at 10:30 a.m., 2:30 p.m. or 6:30 p.m. Cost is \$25 and includes all materials. Comparable items in catalogs sell for up to \$149. For more information or to sign up, call Ext. 7836.

Disney World tickets: The information, ticket and travel office has three children's three-day Disney Hopper passes for sale. Cost is \$163.04 per ticket. Call Ext. 7861.

Family fun night: The Columbus Club offers this Western-themed fun night for the whole family from 5 to 8 p.m. March 24. Children wearing western attire will receive a \$1 discount on the cost of their meal. Activities include a jumping castle, Columbo the clown, fishing for prizes and pony rides. Cost is \$6.95 for club members and \$9.95 for

nonmembers. Children of members eat for \$3.95 and \$5.95 for nonmembers. Children 5 and younger eat for free.

The adult buffet includes baked chicken breast, slow roasted beef with natural gravy, roasted new potatoes, wild rice, a vegetable medley and rolls. The children's buffet includes chuckwagon chicken nuggets, campfire corn dogs, skillet fries, Texas tater tots, curly cue macaroni and cheese, rootin tootin fruity gelatin and cowboy pudding. Call Ext. 2490.

Youth photography contest: Submissions for the ImageMakers National Photography Contest must be turned in to the youth center by April 1. There are four age divisions (ages 9 and younger, 10 to 12, 13 to 15 and 16 to 18) and five categories of competition (color process, black and white process, alternative process, digital and photo essay). Selected photographs will compete at the regional level. Call Ext. 2504.

Free archery camp: The youth center offers this camp for ages 8 to 15 from 9 to 11 a.m. March 28 to April 1. The program is limited to the first 12 youth to register and dependents of deployed personnel will have priority. Registration deadline is March 25. Call Ext. 2504.

Space camp applications: The youth center is accepting applications for space camp now through March 26. The program is open to dependents of active - duty military enrolled in sixth through ninth grades. Call Ext. 2504.

New prices for massage therapy: The fitness center has reduced its prices for massage therapy — \$45 for a full body one-hour massage, \$25 for a half body 30-minute massage and \$20 for a 15-minute table or a 15-minute chair massage. Massage therapy is available from 9:30 a.m. to 9:30 p.m. Tuesday, Thursday and Friday, and from 10 a.m. to 2 p.m. Saturdays by appointment only. For more information or an appointment, call Ext. 2772 or 574-0982.

Women's History Month: Every Thursday throughout March, base personnel are invited to participate in the library's weekly "Do You Know?" trivia question program. Participants can submit one answer a week. All correct answers will be counted and the person with the most correct answers for the month will receive a \$20 Books-A-Million gift card. For more information, stop by the library or call Ext. 2934.

Family Support Center

(Editor's note: All activities are offered at the family support center unless otherwise specified. For more information about any of the activities listed, call Ext. 2790.)

Crossover Connection

Personnel who have PCSed to Columbus AFB from overseas or other installations within the last two years are invited to share positive perspectives and experiences with people currently PCSing to the same base or country. To volunteer, contact the family support center.

Give Parents a Break

This free childcare is offered from 9 a.m. to 3 p.m. Saturday. The Air Force Aid Society sponsors this program for active-duty Air Force families who are experiencing unique stresses such as deployments, remote tours of duty and extended working hours.

Families must be referred by one of the following: squadron commander or first sergeant, chaplain, doctor or medical professional, or personnel from family advocacy, the family support center or child development center. For more information, call the youth center at Ext. 2504 or the CDC at Ext. 2479.

Smooth move

A workshop with information for relocating families is from 10 a.m. to noon Tuesday.

Coping with difficult people

A workshop about how to cope with difficult people in the workplace is from 12:30 to 2:30 p.m. Wednesday.

Thrift Savings Plan

A workshop about the Thrift Savings

Plan, its options and benefits is at 11 a.m. Thursday. The TSP open season starts in April.

Base Notes

Thrift Shop

The Thrift Shop, located at Building 345, C Street, is open from 3 to 6 p.m. Tuesdays and from 9 a.m. to 1 p.m. Thursdays. The shop will close March 28 through April 1. Consignments are accepted until one hour before closing. Volunteers are always welcome. For more information, call Ext. 2954.

Tuition assistance

The education center has implemented FAST Tuition Assistance. The assistance is open to active-duty military personnel and will save time by allowing members to apply for tuition assistance before visiting the education center.

People must log on to <https://afvec.langle.af.mil/afvec/pages/center.aspx?ID=2700>, select FAST Tuition Assistance, read the instructions and if they meet the requirements listed, they can fill out the information request form and e-mail or fax it to the education center.

The tuition assistance form will be ready for pick-up in three duty days. For more information, call Ext. 2565.

Chapel Schedule

Fellowship dinner and movie

All BLAZE TEAM members are invited to a fellowship dinner at 5 p.m. March 18 in the religious education wing at the back of the base chapel. The main course will be provided, and guests are invited to bring desserts.

A special viewing of "The Passion of the Christ" on the large screen television in the sanctuary will follow the dinner at 6 p.m.

Stop and smell the roses



Airman 1st Class Cecilia Rodriguez

Columbus Officers' Spouses' Club president Amanda Penrod presents a \$3,000 check from the club's rose sale fundraiser proceeds to Master Sgts. Kevin Hawks and Phillip Flake of the First Sergeants Council. The money will benefit the council's "Help A Neighbor" fund, which assists Columbus AFB Airmen in need.

Children's videos will also be available in the religious education wing to give parents of small children a chance to see the movie as well. For more information about the event, call Ext. 2500.

Protestant Holy Week

The Protestant community will host the Living Last Supper at 7 p.m. March 23. There will be no Pioneer Club meeting or Bible study that day. Good Friday service will be at noon March 25, and an Easter sunrise service is at 6 a.m. March 27 in the parking lot of Building 1052. There will be no Sunday school on Easter Sunday. After the 10:45 a.m. Easter service, there will be an egg hunt for ages 1 to 12. Parents are asked to bring baskets for children. For more information, call the chapel at Ext. 2500.

Catholic

Sunday:
9:15 a.m. — Mass
10:30 a.m. — CCD at Bldg. 1052
5 p.m. — Confessions
5:30 p.m. — SUPT Mass

Protestant

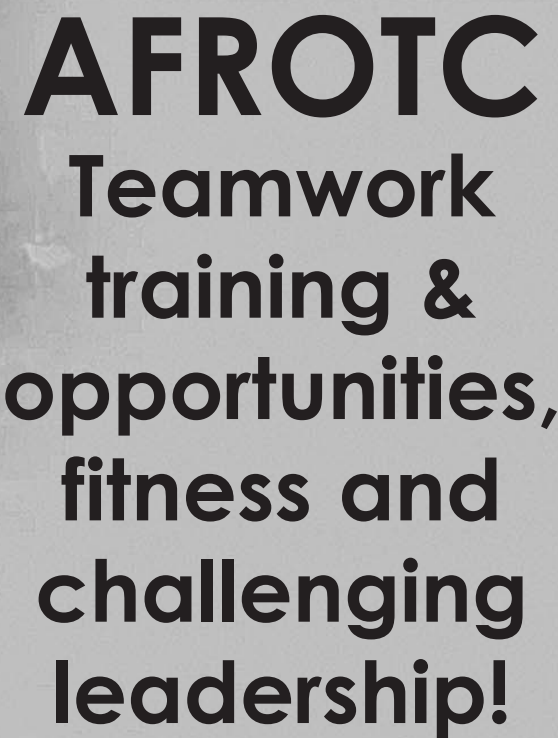
Sunday:
9 a.m. — Sunday school at Bldg. 1052
10:45 a.m. — Combined worship service in the chapel sanctuary
Tuesday:
11:30 a.m. — Lunch and Bible study
Wednesday:
6 p.m. — Bible study, Pioneer Clubs, teen ministries at Bldg. 1052
For information about Islamic, Jewish, Orthodox or other services, call the base chapel at Ext. 2500.

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Today
"Phantom of the Opera"
(PG-13, brief violent images, 143 min.)
Starring: Gerard Butler and Emmy Rossum.

Saturday
"The Wedding Date"
(PG-13, sexual content including dialogue, 90 min.)
Starring: Debra Messing and Dermot Mulroney.

All movies are shown at 7 p.m. at the base theater, unless otherwise noted. For more information, visit www.cafb.grapevine.com.



AFROTC is a 2- to 4-year program that produces officers to serve on active duty in the Air Force for a 4-year commitment

Students who:

- * Are pursuing a college education
- * Have a 2.0 grade point average or higher
- * Are in good physical shape
- * Are U.S. citizens
- * Have high moral values

For more information, contact Mississippi State University Detachment 425 at (662) 325-3810 or logon to www.msstate.edu/dept/afrotc/

- * \$38,000 starting salary
- * Free medical/dental coverage
- * 30 days vacation each year
- * 100% tuition assistance

- * Express: \$15,000 per year for electrical and computer engineering majors
- * In-College Scholarship Program: Competitive program for any major
- * College Scholarship Program: High school seniors only

Spring Pilgrimage: The Columbus, Miss., Spring Pilgrimage 2005 runs March 25 through April 10. This award-winning tradition features daily antebellum home tours with guides in period costume and historic carriage rides. Groups with 20 or more people must make reservations with the Columbus Historic

Great American Clean-Up: Volunteers are needed to help clean Caldedonia, Miss., April 15. For more information or to sign up, call (662) 272-5671.

For more event listings, visit www.columbus-ms.org.

Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Home Telephone # _____ Duty Telephone # _____
(in case we need more information)

Please let us know what you think of the Silver Wings:
 Are you happy with the Silver Wings? Yes ☐ No ☐
 What would you like to see more of in the newspaper? News ☐ Sports ☐ Photos ☐ Other _____
 If you would like to give any other suggestions, please e-mail us at silverwings@columbus.af.mil.

Driven



Airman 1st Class Cecilia Rodriguez

William Hubbard, 14th Medical Group, drives past Cory Waldroup, 48th Flying Training Squadron, during intramural basketball action Tuesday at the fitness center. The 48th FTS defeated the medical group, 50-33.

USAFA teams have up-down weekend

SAN ANTONIO — It was a "mixed bag" for Air Force Academy sports teams over the weekend, but the men's basketball and tennis teams led the action with victories.

In men's basketball, the Falcons finished the regular season with a 61-56 victory over the University of Wyoming Cowboys. They ended the season with an overall record of 18-11 and 9-5 in Mountain West Conference action.

In a busy weekend of tennis, the Air Force men's tennis team snapped its three-match losing streak with three key victories. On Saturday, the men started with a 6-1 victory over the University of Montana team. The following day, they stayed on track, beating the University of Wisconsin-Green Bay, 7-0, and then Weber State University by the same score. With the win, the Falcons improve to 11-3 overall this season and 7-0 at the academy. The doubles team of Tyler McClung and Shannon Buck, ranked No. 20 in the country, improved to 12-1 overall and 8-0 in dual match play at home.

In wrestling, with first-place finishes by Brandon Strong and Matt Benza, the Air Force wrestling team came in third at the 2005 NCAA West Regional Championships Saturday. With the West Regionals wrapped up,

the season comes to a close for most of the Air Force wrestlers. However, by virtue of their individual titles, Strong and Benza will each receive automatic bids to the NCAA Championships, to be held in St. Louis, Thursday through Saturday.

The Falcon lacrosse team split a pair over the weekend. Despite a personal-best 20 saves by goal-keeper Justin Pavoni, the team fell to 11th-ranked Towson University, 15-6 on March 5, the first day of the Pioneer Face-Off Classic in Denver. In their other game of the tourney, played Sunday, the Falcons bounced back to defeat the Lafayette College Leopards, 11-6. The academy is now 2-1 on the season.

In track and field competition, Paul Gensic cleared a career-best height of 17 feet 9 3/4 inches to win the pole vault competition at the Alex Wilson Invitational in South Bend, Ind., Saturday. Not only is it a career-best mark for him, it also solidified his standing with the second-best vault in academy history. Makisi Haleck also cleared a career-best height, posting a vault of 17-3 1/2. The mark improved his standing in the program's all-time list, as he cleared the third-best height in program history.

In other track news, Mark Walter set a provisional qualifying mark in the mile, with a career-

best time of 4 minutes 01.98 seconds. He moved into second-place on the team's all-time list with his run. On the women's side, Kelly Robinson posted a top-10 time in the mile run, at 4:49.29 to place 10th. Mountain West Conference Freshman of the Year Travis Picou placed fourth in the 200-meter dash at 21.77.

In baseball, the Falcons were 1-4 during a weekend series in Bradenton, Fla. They lost their first game March 3 to Northeastern University, 13-6. In the second game the following day, Air Force bounced back to defeat Valparaiso University 10-4. In the third game, held Saturday, a big four-run seventh inning by Indiana University-Purdue University at Fort Wayne helped the Mastodons to an 8-3 win. In the final game of the series, Lehigh University jumped out to an early 9-0 lead and cruised to a 12-6 win over the Falcons. The weekend series left the academy team with a 4-11 record for the season.

In college hockey March 4, the Bemidji State University Beavers bested the Falcons 4-1. Bemidji State leads the College Hockey America conference. The Falcons are in fifth place in the conference with an overall record of 13-17-3 and 5-13-1 in conference play.

In women's basketball, the academy team lost its final two games of the season to Mountain West Conference opponents. The academy hoopsters ended the regular season tied with San Diego State University, both with a 2-12 record.

Intramural Basketball Standings

Team	Wins	Losses
153rd ANG	13	0
14th MDG	9	4
48th FTS	9	4
14th CES	9	5
50th FTS	6	6
41st/37th FTS	5	8
14th SFS	4	11
14th MSS	3	10
14th OSS	3	13

**Standings current as of Wednesday*

Shorts

Alternate shot golf tourney

This tournament begins at 10 a.m. Saturday at the Whispering Pines Golf Course. Entry is \$15 plus green fees. A computer will select the teams. For more information or to register, call Ext. 7932.

Master's Pick Golf Tourney

This tournament is April 9 and April 10 at the Whispering Pines Golf Course. A valid handicap is required and tour players must be selected before 9 a.m. April 2. Entry is \$10 plus greens fees. For more information or to sign up

for the tournament, call Ext. 7932.

Tennis players wanted

Female tennis players with an ability of 2.5 and above are invited to participate in the Columbus Spring Tennis League. For more information or to sign up, call 241-5377 or 830-2763.

Aerobics classes

A variety of aerobics classes are available at the fitness center. On Mondays, spin classes are at 11 a.m. and 5 p.m.; on Tuesdays, a cardio combo class is at 9 a.m., strength and tone is at noon, Pilates is at 5 p.m. and cardio kick boxing is at 6 p.m.; on Wednesdays, spin

classes are at 11 a.m. and 5 p.m., step classes are at noon and a fit circuit class is at 6 p.m.; on Thursdays, cardio combo is at 9 a.m., strength and tone is at noon, Pilates is at 5 p.m. and cardio kickboxing is at 6 p.m.; and an 11 a.m. fit circuit class is available Fridays. Call the fitness center at Ext. 2772.

Water aerobics

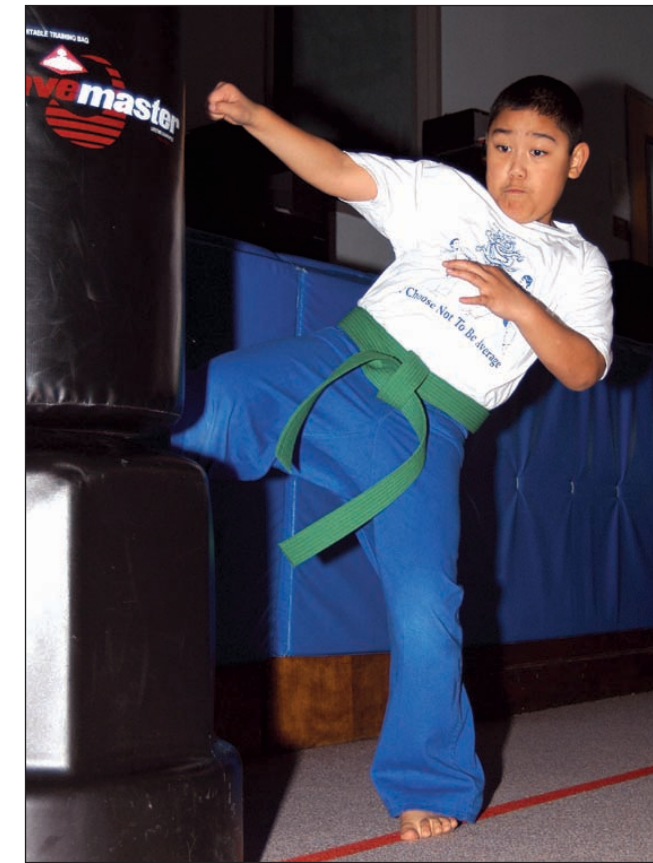
The Wellness Connection offers Mommy and Me aerobics classes for mothers and babies six months and older from 9:15 to 10 a.m. Tuesdays and Thursdays in the HealthPlex Natatorium. To sign up, call (662) 323-9355.

Karate Kids

CAFB youth practice discipline, technique



Top: At the Biloxi Children's Karate Tournament Feb. 19, Ben Waibel placed first in the weapons category, fourth in the kata (open hand form) competition and third in sparring. Right: Karate instructor Dhaamin Shakur shows Gabriel Sampayo the correct hand form. For more information about Mr. Shakur's karate class, call the youth center at Ext. 2504.



Right: Dominic Iglesias competed in the 11th Annual Syrup City Open karate competition Feb. 26 and placed first in both the sparring and kata (open hand form) categories.



Photos by Tech. Sgt. Keith Houin

Blake Childes practices side kicks during karate class Monday at the youth center.